

The Coconut Oil Miracle 5th Edition

Nutrition for Brain Health: Fighting Dementia, Second Edition
Stop Vision Loss Now!
The Wednesday Wars
The Vegetarian Myth
Heal Your Leaky Gut
Saturated Fat May Save Your Life
Quit Sugar: the Ultimate Chocolate Cookbook
Handbook of African Medicinal Plants, Second Edition
Women and Autoimmune Disease
Oil Pulling Therapy
The Doctor's Book of Natural Health Remedies
The Blood Sugar Solution
10-Day Detox Diet
Stop Autism Now!
The Belly Fat Diet Cookbook
The Mediterranean Diet for Beginners
Beans, Bullets, and Black Oil
The Healing Crisis
The Healthy Smoothie Bible
The Coconut Oil Miracle, 5th Edition
Peace, Love and Fibre
Minimalist Baker's Everyday Cooking
The Fifth Miracle
The Coconut Oil Miracle
The Coconut Oil Miracle
My Bloody Life
Compost Stew
Death by Food Pyramid
Practical Guide to Vegetable Oil Processing
The Complete Idiot's Guide to the Anti-Inflammation Diet
The Fatburn Fix
The Coconut Miracle Cookbook
The Coconut Ketogenic Diet
Coconut Lover's Cookbook
Castor Oil: A Miracle Cure?
Stop Alzheimer's Now!
Coconut Cures
Oil Pulling Therapy
The Slow Cooker Cookbook
The Dorito Effect
On Food and Cooking

Nutrition for Brain Health: Fighting Dementia, Second Edition

Sarah Wilson and her IQS team taught the world to quit sugar in eight weeks and

then went on to teach everyone how to cook delicious essentials, simply. Sarah incorporates her mindful, sustainable and economical practices to ditch the guilt and show how to quit sugar without also quitting chocolate. Here, she's compiled fructose-free recipes for the family, individuals and our little people. Written with all the care and knowledge you have come to expect from Sarah and her I Quit Sugar team, this is the book that makes sweet meals and treats in a sugar-free world easier, more creative and tastier than ever.

Stop Vision Loss Now!

Practical Guide to Vegetable Oil Processing, Second Edition, includes an up-to-date summary of the basic principles of edible oil refining, processing, and deodorizing, serving as a hands-on training manual for chemists, engineers, and managers new to the industry. The 15-chapter book includes current information on the bleaching of green oils and coconut oil, quality requirements for frying oil applications, and more. Written for the non-chemist new to the industry, the book makes it simple to apply these important concepts for the edible oil industry. Provides insights to the challenges of bleaching very green oils Includes new deodorizer designs and performance measures Offers insights on frying oil quality management Simple and easy-to-read language

The Wednesday Wars

If you have bad breath, bleeding gums, cavities, or tooth pain—you need this book! If you suffer from asthma, diabetes, arthritis, migraine headaches, or any chronic illness, and have not found relief, this book could have the solution you need. All disease starts in the mouth! As incredible as it may seem, most of the chronic and infectious illnesses that trouble our society today are influenced by the healthy of our mouths. Our mouths are a reflection of the health inside our bodies. If you have poor dental health, you are bound to have other health problems. Despite regular brushing and flossing, over 90 percent of the population has some degree of gum disease or tooth decay. Most people aren't even aware they have existing dental problems. Recent research has demonstrated a direct link between oral health and chronic illness. Simply improving the health of your teeth and gums can cure many chronic problems. More brushing, flossing, and mouthwash isn't the solution. What will work is Oil Pulling Therapy. Oil pulling is an age-old method of oral cleansing originating from Ayurvedic medicine. It is one of the most powerful, most effective methods of detoxification and healing in natural medicine. In this book, Dr. Fife combines the wisdom of Ayurvedic medicine with modern science. The science behind oil pulling is fully documented with references to medical studies and case histories. Although incredibly powerful, Oil Pulling Therapy is completely safe and simple enough for even a child.

The Vegetarian Myth

“Love love love this book!” – one of over 300 *FIVE STAR* Amazon reviews! START YOUR BLENDERS! Whatever your fitness regimen, health goals, or daily routine, this massive book of 100+ recipes has the perfect smoothies for every occasion, including: Zesty Berry Morning Citrus Superload Cacao Vanilla Shake Better than Sex Elixir Limy Minty Charm Spicy Sweet Potato Shake Matcha Doing Blue Green Ocean In this comprehensive resource about every aspect of the wonderful world of healthy smoothies, author and healthy drink expert Farnoosh Brock shares her knowledge, discoveries, useful tips, and lessons learned from years of making smoothies and getting healthier from the powerhouse of nutrition from these drinks. She gives you the full scoop: How to get started How to keep it simple How to listen to your body as you add healthy smoothies into your life How to heal your body and return it to harmony using the magic of your blender Potassium-rich bananas, free radical-fighting blueberries, nutrient-rich spinach, succulent mango, light and sweet almond milk... every delicious natural ingredient you can think of pairs up in this smoothie book for devoted followers of the healthy smoothie revolution that's sweeping the nation. Wondering how to stay motivated after the initial excitement wears off? How to make smoothies quickly and efficiently while still keeping it fun and fresh? Brock talks you through these situations and many more, giving you useful tips on how to manage each as you move forward with The Healthy Smoothie Bible.

Heal Your Leaky Gut

A completely revised and updated guide for maximizing the health and beauty benefits of coconut oil For years, The Coconut Oil Miracle has been a reliable guide for men and women alike. Now in its fifth edition, this revised and updated version has even more information on the benefits of coconut oil and shows readers how to use it for maximum effect, including a nutrition plan with 50 delicious recipes. Coconut oil is much more than just a fad. It is a uniquely curative elixir that has been shown to have countless health benefits. When taken as a dietary supplement, used in cooking, or applied directly to the skin, coconut oil has been found to:

- Promote weight loss
- Help prevent heart disease, cancer, diabetes, arthritis, Alzheimer's, and many other degenerative diseases
- Strengthen the immune system
- Improve digestion
- Prevent premature aging of the skin
- Beautify skin and hair

Dr. Bruce Fife is widely recognized as one of the leading authorities on the health benefits of coconut oil. This newest edition of The Coconut Oil Miracle is updated with crucial information, including the latest studies on links between coconut oil and benefits relating to heart function, Alzheimer's prevention, bodily detoxification, weight loss, and many other hot topics. From the Trade Paperback edition.

Saturated Fat May Save Your Life

I Quit Sugar: the Ultimate Chocolate Cookbook

This book explains a method of cleansing the mouth and how oral health affects the health of the entire body.

Handbook of African Medicinal Plants, Second Edition

An updated guide to the health benefits of natural coconut oil presents dozens of tasty recipes and nutritional tips for using coconut oil as a supplement, in cooking, or as an application to the skin, explaining how to use coconut oil to promote weight loss, protect against many degenerative diseases, prevent premature skin aging, strengthen the immune system, and improve digestion. Original. 10,000 first printing.

Women and Autoimmune Disease

A proven plan to optimize your health by reclaiming your natural ability to burn body fat for fuel The ability to use body fat for energy is essential to health—but over decades of practice, renowned family physician Catherine Shanahan, M.D., observed that many of her patients could not burn their body fat between meals,

trapping them in a downward spiral of hunger, fatigue, and weight gain. In *The Fatburn Fix*, Dr. Shanahan shows us how industrially produced vegetable oils accumulate in our body fat and disrupt our body's energy-producing systems, driving food addictions that hijack our moods and habits while making it nearly impossible to control our weight. To reclaim our health, we need to detoxify our body fat and help repair our "fatburn" capabilities. Dr. Shanahan shares five important rules to fix your fatburn: 1) Eat natural fats, not vegetable oils. 2) Eat slow-digesting carbs, not starchy carbs or sweets. 3) Seek salt. 4) Drink plenty of water. 5) Supplement with vitamins and minerals. She then provides a revolutionary, step-by-step plan to help reboot your fatburn potential in as little as two weeks. This customizable two-phase plan is widely accessible, easy to follow, and will appeal to the full spectrum of diet ideologies, from plant-based to carnivore to keto and beyond. By making a few changes to what you eat and when, you will lose unwanted weight and restore your body's ability to store and release energy. With *The Fatburn Fix*, Dr. Shanahan shows how regaining your fatburn is the key to effortless weight loss and a new, elevated life, paving the way to abundant energy and long-term health and happiness.

Oil Pulling Therapy

Dr. Hyman's revolutionary weight-loss program, based on the #1 New York Times bestseller *The Blood Sugar Solution*, supercharged for immediate results! The key

to losing weight and keeping it off is maintaining low insulin levels. Based on Dr. Hyman's groundbreaking Blood Sugar Solution program, THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET presents strategies for reducing insulin levels and producing fast and sustained weight loss. Dr. Hyman explains how to: activate your natural ability to burn fat--especially belly fat; reduce inflammation; reprogram your metabolism; shut off your fat-storing genes; de-bug your digestive system; create effortless appetite control; and soothe the stress to shed the pounds. With practical tools designed to achieve optimum wellness, including meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice on green living, supplements, medication, exercise, and more, THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET is the fastest way to lose weight, prevent disease, and feel your best.

The Doctor's Book of Natural Health Remedies

Provides vegetarian and nonvegetarian recipes containing some form of coconut for the coconut lover as well those interested in health foods.

The Blood Sugar Solution 10-Day Detox Diet

With over 50,000 distinct species in sub-Saharan Africa alone, the African continent

is endowed with an enormous wealth of plant resources. While more than 25 percent of known species have been used for several centuries in traditional African medicine for the prevention and treatment of diseases, Africa remains a minor player in the global natural products market largely due to lack of practical information. This updated and expanded second edition of the Handbook of African Medicinal Plants provides a comprehensive review of more than 2,000 species of plants employed in indigenous African medicine, with full-color photographs and references from over 1,100 publications. The first part of the book contains a catalog of the plants used as ingredients for the preparation of traditional remedies, including their medicinal uses and the parts of the plant used. This is followed by a pharmacognostical profile of 170 of the major herbs, with a brief description of the diagnostic features of the leaves, flowers, and fruits and monographs with botanical names, common names, synonyms, African names, habitat and distribution, ethnomedicinal uses, chemical constituents, and reported pharmacological activity. The second part of the book provides an introduction to African traditional medicine, outlining African cosmology and beliefs as they relate to healing and the use of herbs, health foods, and medicinal plants. This book presents scientific documentation of the correlation between the observed folk use and demonstrable biological activity, as well as the characterized constituents of the plants.

Stop Autism Now!

The slow cooker, or "Crock Pot" as it is commonly referred to, is well known for its delectable pot roasts and savory stews, but what is less known is that it is capable of so much more. Enter bestselling author John Chatham's latest creation, *The Slow Cooker Cookbook*, which features over 100 recipes that will put your slow cooker to use from breakfast to dessert. This cookbook offers recipes for all the traditional comfort food favorites like pot roast, beef stew, pulled pork, BBQ baby back ribs, old fashioned meatloaf, butternut squash soup and even mac 'n cheese. Imagine your home filled with the spicy aromas of Tandoori Chicken, Chicken Ranchero Enchiladas or Braised Asian Beef. Dozens of international recipes feature meals you never dreamed of actually making yourself. And with the slow cooker doing all the work you will feel as though you are dining out. Sounds appealing, but you don't eat meat? The *Slow Cooker Cookbook* dedicates an entire chapter of recipes to fish and seafood, and is filled with numerous hearty vegetable dishes like White Bean and Rosemary Soup, Eggplant Parmesan and Vegetarian Cassoulet. And if slaving over the stove is your passion then most likely you're not the baking type. Let the slow cooker make dessert. From fruit crumbles and cobblers to hot fudge cake there's virtually no recipe that this cookbook doesn't offer. Bonus sections include: "Guide to Entertaining" and "Basics of a Slow Cooker Pantry"

The Belly Fat Diet Cookbook

Looking for an escape from childhood abuse, Reymundo Sanchez turned away from school and baseball to drugs, alcohol, and then sex, and was left to fend for himself before age 14. The Latin Kings, one of the largest and most notorious street gangs in America, became his refuge and his world, but its violence cost him friends, freedom, self-respect, and nearly his life. This is a raw and powerful odyssey through the ranks of the new mafia, where the only people more dangerous than rival gangs are members of your own gang, who in one breath will say they'll die for you and in the next will order your assassination.

The Mediterranean Diet for Beginners

Provides a close-up look at the signs and symptoms of those diseases and conditions caused by inflammation, as well as which foods can help reduce or contribute to that inflammation and how to transform one's diet to make it anti-inflammatory. Original. 15,000 first printing.

Beans, Bullets, and Black Oil

A rhyming recipe explains how to make the dark, crumbly, rich, earth-friendly food called compost while collage illustrations made with recycled and found materials echo the eco-friendly message. By the author of Millions of Snowflakes.

The Healing Crisis

Most illnesses start in the gut, including many you would not even think of! And if your gut isn't functioning right, it sets the stage for illness and disease. The gut—the gastrointestinal system—is designed to absorb nutrients that support our bodies and help us make energy, and get rid of things that we don't need or are toxic. But what happens when the system breaks down? Leaky gut syndrome (LGS) occurs when the lining of the small intestine is damaged, allowing foreign compounds to escape into your bloodstream, which weakens your immune system and triggers autoimmune reactions. Traditional physicians don't understand what LGS is—much less how to diagnose and treat it. In fact, it is estimated that more than 80 percent of people with chronic illnesses have leaky gut, an overgrowth of bad bacteria, or not enough good bacteria. Here are some symptoms that may be caused by LGS: Digestive complaints, acid reflux, IBS, Crohn's disease Joint and muscle pain, arthritis Obesity and food allergies Headaches, depression, anxiety, ADHD Itchy skin, rashes, eczema, acne, rosacea, psoriasis In *Heal Your Leaky Gut*, Dr. David Brownstein will explain how the gut—like the brain, heart, and liver—needs to be properly nourished in order for it to function correctly. Simply stated, if your gut is not healthy, your immune system is going to suffer. Improving your gut health and taking fewer drugs will help you feel better and look younger, improve your brain function, and treat myriad medical conditions. This book will give you all the information you need to change what you are now doing so you

can have optimal gut health and, as a result, overall health and well-being.

The Healthy Smoothie Bible

Describes the numerous benefits of the superfood that can promote health, weight loss, slow down aging and prevent degenerative diseases and offers over 400 recipes for adding coconut oil, milk, water and cream into everyday meals. Original. 75,000 first printing.

The Coconut Oil Miracle, 5th Edition

Peace, Love and Fibre

A 2008 Newbery Honor Book In this Newbery Honor-winning novel, Gary D. Schmidt offers an unforgettable antihero. *The Wednesday Wars* is a wonderfully witty and compelling story about a teenage boy's mishaps and adventures over the course of the 1967-68 school year in Long Island, New York. Meet Holling Hoodhood, a seventh-grader at Camillo Junior High, who must spend Wednesday afternoons with his teacher, Mrs. Baker, while the rest of the class has religious instruction. Mrs. Baker doesn't like Holling—he's sure of it. Why else would she

make him read the plays of William Shakespeare outside class? But everyone has bigger things to worry about, like Vietnam. His father wants Holling and his sister to be on their best behavior: the success of his business depends on it. But how can Holling stay out of trouble when he has so much to contend with? A bully demanding cream puffs; angry rats; and a baseball hero signing autographs the very same night Holling has to appear in a play in yellow tights! As fate sneaks up on him again and again, Holling finds Motivation—the Big M—in the most unexpected places and musters up the courage to embrace his destiny, in spite of himself.

Minimalist Baker's Everyday Cooking

Trim away your belly fat with a healthful and delicious diet. Achieving a flat stomach is not about doing hundreds of crunches or worrying about how much you eat; it's about what you eat. The Belly Fat Diet Cookbook provides delicious recipes and teaches you how to eat more and weigh less, so there's no need to ever go hungry. • Enjoy your favorite healthful dishes from breakfast to dessert, including Green Smoothies, Chicken Stir Fry, Baked Kale and Sweet Potato Chips, Almond Encrusted Salmon, and Berry Parfait. • Learn the dangers of excess belly fat, from its harmful impacts on your liver to increasing your risk of type 2 diabetes, heart disease, dementia, and stroke. • The Belly Fat Diet Cookbook offers 105 healthful recipes, tips for a successful transition to the belly fat diet, and the Belly Fat Diet

Shopping Guide to help you minimize your intake of sugar and processed carbohydrates. Lose weight and lose your belly with *The Belly Fat Diet Cookbook*—a sustainable path to a longer, healthier, and leaner life. In his latest work, best-selling author John Chatham blasts the myths surrounding belly fat. The groundbreaking research in *The Belly Fat Diet Cookbook* reveals a science-based approach to healthful eating and looking good, and it doesn't involve starving yourself. *The Belly Fat Diet Cookbook: 105 Delicious Recipes to Lose Your Belly, Shed Excess Weight, and Improve Health* provides an easy-to-follow health solution that gets fast, visible, long-lasting results from the inside out.

The Fifth Miracle

A lively and important argument from an award-winning journalist proving that the key to reversing North America's health crisis lies in the overlooked link between nutrition and flavor. In *The Dorito Effect*, Mark Schatzker shows us how our approach to the nation's number one public health crisis has gotten it wrong. The epidemics of obesity, heart disease, and diabetes are not tied to the overabundance of fat or carbs or any other specific nutrient. Instead, we have been led astray by the growing divide between flavor—the tastes we crave—and the underlying nutrition. Since the late 1940s, we have been slowly leeching flavor out of the food we grow. Those perfectly round, red tomatoes that grace our supermarket aisles today are mostly water, and the big breasted chickens on our

dinner plates grow three times faster than they used to, leaving them dry and tasteless. Simultaneously, we have taken great leaps forward in technology, allowing us to produce in the lab the very flavors that are being lost on the farm. Thanks to this largely invisible epidemic, seemingly healthy food is becoming more like junk food: highly craveable but nutritionally empty. We have unknowingly interfered with an ancient chemical language—flavor—that evolved to guide our nutrition, not destroy it. With in-depth historical and scientific research, *The Dorito Effect* casts the food crisis in a fascinating new light, weaving an enthralling tale of how we got to this point and where we are headed. We've been telling ourselves that our addiction to flavor is the problem, but it is actually the solution. We are on the cusp of a new revolution in agriculture that will allow us to eat healthier and live longer by enjoying flavor the way nature intended.

The Coconut Oil Miracle

The highly anticipated cookbook from the immensely popular food blog *Minimalist Baker*, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the *Minimalist Baker* blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical

but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

The Coconut Oil Miracle

All natural health treatments, whether they involve dietary changes, vitamin or herbal supplementation, detoxification therapies, or bodywork, focus on removing the disease causing agents using the body's own power of healing. This process often brings on an unpleasant reaction known as the 'healing crisis'. Unlike a disease crisis (illness) the healing crisis is a sign of improving health. In this book you will learn how to distinguish between a healing crisis and a disease crisis. You will learn how healing works, what to do, and what not to do to facilitate healing, and how to cope with unpleasant symptoms until the crisis is over. If you undergo any type of natural healing program, you must be well informed about the symptoms and processes of the healing crisis. The book will guide you through the natural healing process.

My Bloody Life

You can enjoy eating rich, full-fat foods and lose weight without counting calories or suffering from hunger. The secret is a high-fat, ketogenic diet. Our bodies need fat. It's necessary for optimal health. It's also necessary in order to lose weight safely and naturally. Low-fat diets have been heavily promoted for the past three decades, and as a result we are fatter now than ever before. Obviously, there is something wrong with the low-fat approach to weight loss. There is a better solution to the obesity epidemic, and that solution is The Coconut Ketogenic Diet. This book exposes many common myths and misconceptions about fats and weight loss and explains why low-fat diets don't work. It also reveals new, cutting-edge research on one of the world's most exciting weight loss aids—coconut oil—and how you can use it to power up your metabolism, boost your energy, improve thyroid function, and lose unwanted weight. This revolutionary weight loss program is designed to keep you both slim and healthy using wholesome, natural foods, and the most health-promoting fats. It has proven successful in helping those suffering from obesity, diabetes, heart and circulatory problems, low thyroid function, chronic fatigue, high blood pressure, high cholesterol, and many other conditions. You will learn: Why you need to eat fat to lose fat Why you should not eat lean protein without a source of fat How to lose weight without feeling hungry or miserable How to stop food cravings dead cold Which fats promote health and which ones don't (the answers may surprise you) How to jumpstart your

metabolism How to restore thyroid function How to use your diet to overcome common health problems How to reach your ideal weight and stay there Why eating rich, delicious foods can help you lose weight Which foods are the real troublemakers and how to avoid them

Compost Stew

Explains the health benefits of the low-fat, heart-healthy Mediterranean diet and offers a quick-start guide for transitioning to this culinary lifestyle, complete with forty recipes, sample meal plans, and ten tips for success.

Death by Food Pyramid

Dementia, including Alzheimer's disease, is characterized by cognitive decline and decreased brain function. Recent scientific studies have investigated the role of nutrition in dementia and have suggested nutritional changes for those at risk for dementia. This second edition discusses nutritional interventions that promote brain health to decrease the risk of developing dementia and slow the progression of the disease following diagnosis. Sections new to this edition discuss a broad range of lifestyle choices that can influence cognitive function, including exercise, proper nutrition, sleep and stress reduction, and staying mentally and socially

active. Checklists include Cleveland Clinic pillars of brain health, Meeting health goals, and Brain health dos and don'ts. Brain-healthy diets are also discussed, including the Mediterranean diet, DASH (Dietary Approaches to Stop Hypertension), and MIND, which combines the Mediterranean diet and DASH. Information is specifically focused on food and drink choices that promote healthy cognitive function. Checklists include Popular diets, Common diet goals, Potential barriers to starting a successful diet, Signs of fad diets, and MIND diet facts. If you or your loved one is at risk for developing dementia, following the guidelines presented in this book can help you maintain your brain health and fight the onset of dementia. If you or your loved one has already been diagnosed with dementia, this book will provide insights into nutritional changes that may slow the progression of the disease. It also presents tips for helping your loved one with severe dementia maintain adequate nutrition when eating becomes difficult.

Practical Guide to Vegetable Oil Processing

Castor oil can be used for WHAT? Get the answer to this question and much more in this brand new book about one of the world's most valuable plants. Castor oil has been used to treat sciatica, joint pain, rheumatism, headaches, congestion, skin conditions and more!

The Complete Idiot's Guide to the Anti-Inflammation Diet

"Mairlyn Smith's hilarious approach to all foods nutritious and fibre-filled has made her a daytime television favourite. We live for her tasty recipes, her easy-to-digest prep advice, and, of course, her ability to never take herself too seriously." --Tracy Moore, host of Cityline The world's funniest professional home economist and self-appointed Queen of Fibre is back with a beautiful cookbook and a guide to healthy living! Mairlyn Smith, media personality, professional home economist, and author of six bestselling cookbooks, has made it her mission to bring healthy living and flavourful, fibre-rich eating to the masses. But, living healthfully isn't only about the food--it's about your whole approach to life, from how much you exercise to how you cope with stress and the types of people you surround yourself with. And it's because of Mairlyn's belief in the overall power of mind, body, and spirit that her personal motto is "peace, love, and fibre." She invites peace into her life through quiet moments in nature and a practice of gratitude; love comes from family, friends, and a fulfilling career. As for fibre? Well, Mairlyn and fibre go way back. In fact, Mairlyn believes that in order to be on top of your game, you absolutely must have a fibre-rich diet. In her newest cookbook, Mairlyn breaks down exactly what fibre is, and why it is such an important part of a healthy life. In Fibre 101 or How to Get an A+ on Your Colonoscopy, Mairlyn covers all the basics, using her trademark sense of humour and enthusiasm. You'll learn how fibre positively affects your blood sugar levels and gut health, and how it reduces the

risk of certain types of cancer. Then, Mairlyn will teach you exactly how to create a more balanced, fibre-rich diet, without going overboard. Moving into the recipes, you'll find a mouthwatering assortment of choices for every meal and occasion, with dishes such as Pumpkin Spice Griddle Cakes, Cheddar Cheese Mini Dinner Biscuits, Lentil & Wheat Berry Salad with Strawberries & Mint, Slow-Cooker Pulled Pork, Chicken & Chickpea Curry, and even desserts like Chocolate Fudge Cake! Each recipe has full nutritional breakdowns and helpful icons to highlight the vegetarian, vegan, lactose-free, and gluten-free dishes. Sprinkled throughout are Mairlyn's musings on life, love, and everything in between. Both a beautiful cookbook and a guide to healthy living, *Peace, Love & Fibre* will have you feeling your best--inside and out--in no time at all.

The Fatburn Fix

A cutting-edge examination of the mysterious world of autoimmune disease—and the new discoveries made daily that may save women's lives Autoimmune diseases—including chronic fatigue syndrome, vasculitis, juvenile diabetes, alopecia, Graves' disease, Sjogren's syndrome, lupus, rheumatoid arthritis, and multiple sclerosis—are among the most devastating conditions afflicting women today and the most resistant to diagnosis and treatment. In all of them, the body's immune system begins to attack healthy and normally functioning cells. And one of the biggest puzzles is why 80 percent of autoimmune disease sufferers are women.

In this groundbreaking book, world-class immunologist Dr. Robert Lahita brings years of intensive research, patient care, and diagnostics to shed light on the mysteries of these conditions, with a particular focus on how they affect—and how he treats—women. Through case studies, he reveals the early warning signs, symptoms, diagnostic processes, and the most innovative treatments for all the most common—and many of the less well known—autoimmune diseases. He offers a scientifically sound and sensitive work that is the best resource available to help understand these perplexing and debilitating diseases.

The Coconut Miracle Cookbook

The most comprehensive handbook ever written about vitamins, herbs, supplements, and holistic healing—everything you need to feel better, live longer, and look great doing it THIS BOOK MAY HELP YOU SAVE A LIFE—YOUR OWN. With health care costs rising, insurance systems in flux, doctors and hospitals overwhelmed, the only person who can really take charge of your health and the health of your family is you. This is your guide. For more than 40 years, Natural Health has been the leading authority on holistic, alternative, and natural healing. Now, for the first time ever, all that science-based, expert-driven, research-intensive information has been distilled into one must-have, authoritative guide to healing the self. In these pages, you'll find stunning new research, unparalleled expert advice, how-to health guides, and a scientific, myth-debunking approach to

natural remedies. Search for your symptoms. Find your cure. The power is yours. A clean life for you—and your family—starts now. Lose Dangerous Belly Fat, Fast: And keep it off for good. Our all-natural, 10-step program tells you what to eat, drink, and do—with immediate waist-shrinking results. Discover which probiotics help you burn more calories when you eat, which popular, “healthy” nut actually slows your metabolism, and the stealth toxin in your kitchen that activates fat cell growth (eliminate it and slash your risk of obesity by 75 percent!). Look Younger, Feel Younger: Discover the astonishing, inexpensive (and natural!) supplements that tighten skin, increase fat loss, and help build muscle. And learn some simple recipes for building anti-aging smoothies that turn fresh fruit into wrinkle-erasing superfoods. Sleep Easier Tonight: Conquer fatigue with our 9-step plan to fall asleep quickly—and stay sleeping soundly throughout the night. (Hint: A subtle scent in your bedroom could be part of the problem!) Re-energize Your Love Life. One supplement alone made a whopping 70% of women feel “more satisfied” after sex. Plus: How plant protein can re-energize your ovaries. Turn Up Your Mood Meter. This one green, leafy vegetable has been shown to improve the effects of both Prozac and talk therapy. Cure that Cold or Flu: Stop them before they start, with the newest natural options—one magical berry alone can reduce symptoms by 50 percent. Plus: A homeopathic “flu shot” that’s proven 88% effective. PLUS! THE COMPLETE GUIDE TO HERBAL REMEDIES! A-Z Guide to Healing Herbs: Cure yourself with these 30 essentials, from aloe vera to white willow bark, nature’s relief for migraines, eczema, menopause, UTIs, anxiety, depression, and many

more. It's your new medicine cabinet, fully stocked. The Get Happy Herb Guide: The serenity savers (lemon balm, kava kava) and bliss boosters (chocolate, milk thistle) guaranteed to raise your spirits. The Best Herbs for Women: These 12 will ease your mood swings, headaches, menstrual cramps, menopause, with no nasty side effects. A must-read for husbands, too. AND! Yoga, meditation and Ayurvedic therapies: The latest science on treatments and classes, with complete how-to guides for at-home use. The Doctor's Book of Natural Health Remedies—in a world of questionable cures, it's the one book you can trust.

The Coconut Ketogenic Diet

Harold McGee's *On Food and Cooking* is a kitchen classic. Hailed by *Time* magazine as "a minor masterpiece" when it first appeared in 1984, *On Food and Cooking* is the bible to which food lovers and professional chefs worldwide turn for an understanding of where our foods come from, what exactly they're made of, and how cooking transforms them into something new and delicious. Now, for its twentieth anniversary, Harold McGee has prepared a new, fully revised and updated edition of *On Food and Cooking*. He has rewritten the text almost completely, expanded it by two-thirds, and commissioned more than 100 new illustrations. As compulsively readable and engaging as ever, the new *On Food and Cooking* provides countless eye-opening insights into food, its preparation, and its enjoyment. *On Food and Cooking* pioneered the translation of technical food

science into cook-friendly kitchen science and helped give birth to the inventive culinary movement known as "molecular gastronomy." Though other books have now been written about kitchen science, *On Food and Cooking* remains unmatched in the accuracy, clarity, and thoroughness of its explanations, and the intriguing way in which it blends science with the historical evolution of foods and cooking techniques. Among the major themes addressed throughout this new edition are: Traditional and modern methods of food production and their influences on food quality The great diversity of methods by which people in different places and times have prepared the same ingredients Tips for selecting the best ingredients and preparing them successfully The particular substances that give foods their flavors and that give us pleasure Our evolving knowledge of the health benefits and risks of foods *On Food and Cooking* is an invaluable and monumental compendium of basic information about ingredients, cooking methods, and the pleasures of eating. It will delight and fascinate anyone who has ever cooked, savored, or wondered about food.

Coconut Lover's Cookbook

Argues against the implementation of the USDA food guide pyramid and the study that inspired it.

Castor Oil: A Miracle Cure?

Over 1 million people have autism. This number is rapidly growing. Over the past several years autism has increased to epidemic proportions. Thirty years ago it affected only about 1 in 2,500; today 1 out of every 88 children in the United States and 1 out of 64 in the UK are affected. Autism has quickly become a worldwide problem. Over the past 12 years there has been a 17 percent increase in childhood developmental disabilities of all types including autism, attention deficit hyperactivity disorder (ADHD), epilepsy, mental retardation, and others. Currently in the United States, 4 million children have attention deficit hyperactivity disorder, the most common learning disability, and an incredible one in six children are classified as learning disabled. Why the sudden astronomical rise in developmental disabilities? Most doctors have no clue what causes autism, nor any idea how to prevent or even treat it. The only medically recognized form of treatment is an attempt to teach affected children how to manage the disorder and live with it. Antidepressants, antipsychotics, and stimulants are often prescribed to help cope with symptoms. No possibility of a cure is offered, as the condition is considered permanent—in other words “hopeless.” Autism, however, is not a hopeless condition. It can be prevented and successfully treated without the use of drugs. This book describes an innovative new dietary and lifestyle approach that has proven very successful in reversing even some of the most severe developmental disorders, allowing once disabled children to enter regular school

and lead normal, happy, productive lives. There is a solution. You can stop autism now! “Dr. Fife has done an outstanding job on Stop Autism Now! This book gives the latest stats on the pervasiveness of autism spectrum disorder and more importantly, viable solutions. With food lists and recipes galore, Dr. Fife makes the diet doable and manageable and worth your effort to try it.” --Carolyn Dean, MD, ND, Author of The Magnesium Miracle “ Bruce Fife has produced another masterpiece. Autism is a subject that I have spent a good deal of time analyzing, researching, and writing about and no one does a better job condensing and explaining what is known about this terrible disorder than does Doctor Fife. His advice, designed to treat this disorder, is based on good science and practical experience. This book will help millions of children who have become a victim of a health policy gone mad. Parents should all have this book on their bookshelves and refer to it often.” --Russell L. Blaylock, M.D, Author of Excitotoxins: The Taste That Kills Theoretical Neurosciences Research, LLC Visiting Professor of Biology, Belhaven University, Jackson, Ms Clinical Assistant Professor of Neurosurgery, University of Mississippi (retired)

Stop Alzheimer's Now!

Losing your eyesight is a frightening thought. Yet, every five seconds someone in the world goes blind. Most causes of visual impairment are caused by age-related diseases such as cataracts, glaucoma, macular degeneration, and diabetic

retinopathy. Modern medicine has no cure for these conditions. Treatment usually involves managing the symptoms and attempting to slow the progression of the disease. In some cases surgery is an option, but there is always the danger of adverse side effects that can damage the eyes even further. Most chronic progressive eye disorders are considered incurable, hopeless. However, there is a successful treatment. It doesn't involve surgery, drugs, or invasive medical procedures. All that is needed is a proper diet. The key to this diet is coconut, specifically coconut oil. The author used this method to cure his own glaucoma, something standard medical therapy is unable to do. The coconut based dietary program described in this book has the potential to help prevent and treat many common visual problems including the following: ● Cataracts ● Glaucoma ● Macular degeneration ● Diabetic retinopathy ● Dry eye syndrome ● Sjogren's syndrome ● Optic neuritis ● Irritated eyes ● Conjunctivitis (pink eye) ● Stroke ● Eye disorders related to neurodegenerative disease (Alzheimer's, Parkinson's, MS)

Most chronic eye disorders come without warning. No one can tell who will develop a visual handicap as they age. Everybody is at risk. Once the disease is present, treatment is a lifelong process. The best solution is prevention. In this book, you will learn the basic underlying causes for the most common degenerative eye disorders and what you can do to prevent, stop, and even reverse them.

Coconut Cures

Over 35 million people have dementia today. Each year 4.6 million new cases occur world-wide -- one new case every 7 seconds. Alzheimer's disease is the most common form of dementia. Parkinson's disease, another progressive brain disorder, affects about 4 million people world-wide. Millions more suffer with other neurodegenerative disorders. The number of people affected by these destructive diseases continues to increase every year. Dementia and other forms of neurodegeneration are not a part of the normal ageing process. The brain is fully capable of functioning normally for a lifetime, regardless of how long a person lives. While ageing is a risk factor for neurodegeneration, it is not the cause! Dementia and other neurodegenerative disorders are disease processes that can be prevented and successfully treated. This book outlines a program using ketone therapy and diet that is backed by decades of medical and clinical research and has proven successful in restoring mental function and improving both brain and overall health. You will learn how to prevent and even reverse symptoms associated with Alzheimer's disease, Parkinson's disease, amyotrophic lateral sclerosis (ALS), multiple sclerosis (MS), Huntington's disease, epilepsy, diabetes, stroke, and various forms of dementia. The information in this book is useful not only for those who are suffering from neurodegenerative disease but for anyone who wants to be spared from ever encountering one or more of these devastating afflictions. These diseases don't just happen overnight. They take years, often decades, to develop. In the case of Alzheimer's disease, approximately 70 percent the brain cells responsible for memory are destroyed before symptoms become

noticeable. You can stop Alzheimer's and other neurodegenerative diseases before they take over your life. The best time to start is now.

Oil Pulling Therapy

Presents a guide to the health benefits of natural coconut oil, includes recipes and nutritional tips, and explains how it promotes weight loss, protects against degenerative diseases, and strengthens the immune system.

The Slow Cooker Cookbook

Part memoir, nutritional primer, and political manifesto, this controversial examination exposes the destructive history of agriculture—causing the devastation of prairies and forests, driving countless species extinct, altering the climate, and destroying the topsoil—and asserts that, in order to save the planet, food must come from within living communities. In order for this to happen, the argument champions eating locally and sustainably and encourages those with the resources to grow their own food. Further examining the question of what to eat from the perspective of both human and environmental health, the account goes beyond health choices and discusses potential moral issues from eating—or not eating—animals. Through the deeply personal narrative of someone who practiced

veganism for 20 years, this unique exploration also discusses alternatives to industrial farming, reveals the risks of a vegan diet, and explains why animals belong on ecologically sound farms.

The Dorito Effect

ARE WE ALONE IN THE UNIVERSE? In his latest far-reaching book, *The Fifth Miracle*, internationally acclaimed physicist and writer Paul Davies confronts one of science's great outstanding mysteries -- the origin of life. Three and a half billion years ago, Mars resembled Earth. It was warm and wet and could have supported primitive organisms. If life once existed on Mars, might it have originated there and traveled to Earth inside meteorites blasted into space by cosmic impacts? Davies builds on the latest scientific discoveries and theories to address the larger question: What, exactly, is life? Is it the inevitable by-product of physical laws, as many scientists maintain, or an almost miraculous accident? Are we alone in the universe, or will life emerge on all Earth-like planets? And if there is life elsewhere in the universe, is it preordained to evolve toward greater complexity and intelligence? On the answers to these deep questions hinges the ultimate purpose of mankind -- who we are and what our place might be in the unfolding drama of the cosmos.

On Food and Cooking

In this book you will learn about the amazing health benefits of coconut oil, meat, milk, and water. You will find out why coconut oil is considered the healthiest oil on earth and how it can protect you against heart disease, diabetes, and infectious illnesses such as influenza, herpes, candida, and even HIV. You will learn why coconut water is used as an IV solution and how coconut meat can protect you from colon cancer, regulate blood sugar, and expel intestinal parasites. Contains dozens of fascinating case studies and remarkable success stories. You will read about one woman's incredible battle with breast cancer and how she cured herself with coconut. You will read how a medical doctor cured himself of Crohn's disease in seven days. This book includes an extensive A to Z reference with complete details on how to use coconut to prevent and treat dozens of common health problems. The foreword is written by Dr Conrado Dayrit, the first person to publish studies showing the benefit of coconut oil in treating HIV.

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